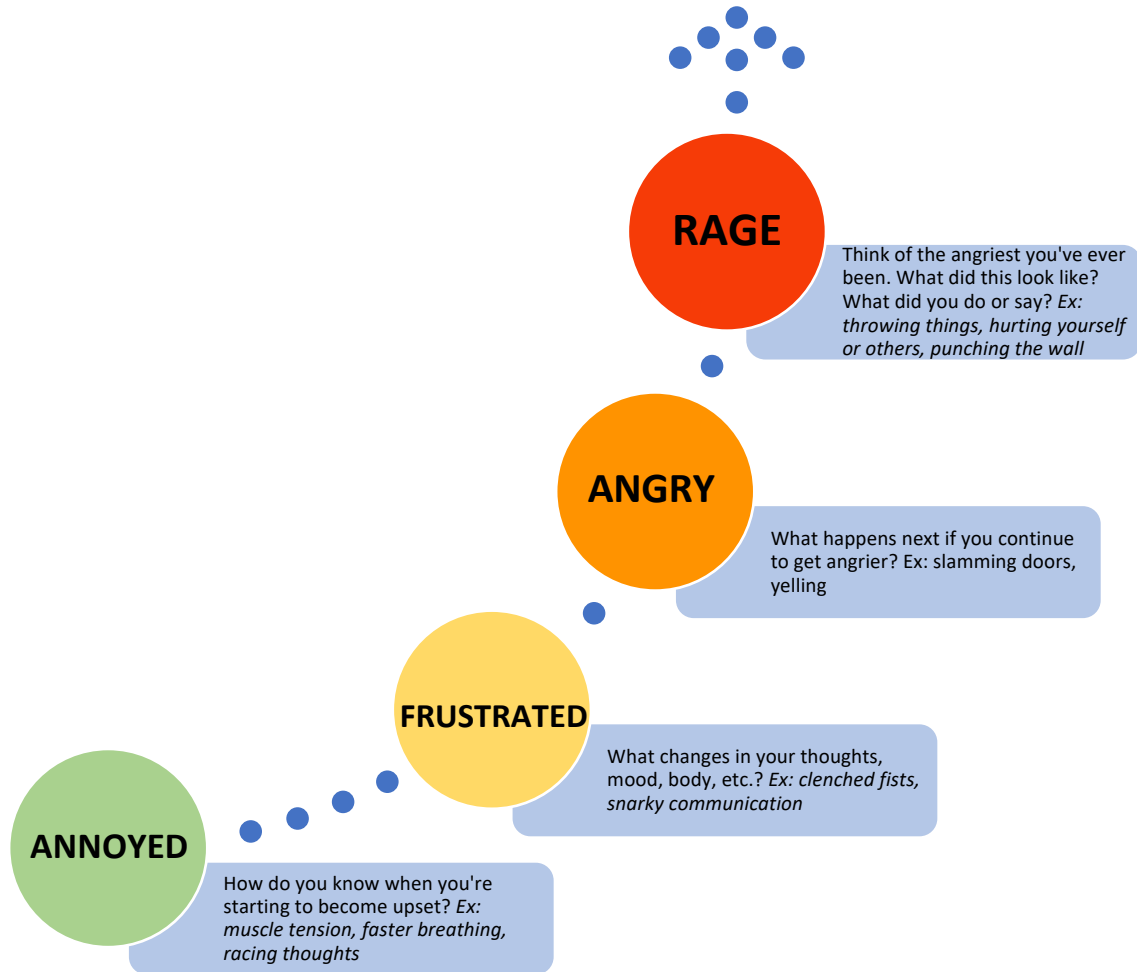


## Building your Personal Pattern of Anger



Anger is a normal human emotion, and there is nothing inherently wrong with feeling angry. Many people find anger to be a difficult emotion to cope with, because we might act out impulsively or feel like we've lost control of ourselves. The earlier we cope with our feelings, the better. If we start implementing coping skills when we are stressed, annoyed, irritable, etc., we have a better chance at calming ourselves down, so that we don't continue to get angry. The more we let our anger build, the more difficult it will be to calm ourselves down.

In order to identify coping skills that will work for YOU, we have to first understand what it looks like for YOU to become angry. This will look different for everyone.

	What does this look like for me personally?	What can I do to cope with this level of anger?
Annoyed		
Frustrated		
Angry		
Rage		



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